



2019-2020 Season Plan

PYH 2004 Midget Minor AA

Coach: Mike Militello

About the Team: At the Midget Minor AA level it is very important to have your athlete with the “right” coaches. We truly believe we provide the best possible instruction, positive environment, and wealth of experience coaching hockey of anyone in the area.

RINKS: Practicing and Playing primary out **Bill Gray’s Ice Plex and Paul Louis Arena**

Potential Games: Possibly play in WNYAHL
30-40 Games (Split Season Schedule)
3-4 tournaments

Team Mission: To provide an opportunity for our players to develop as a hockey player, teammate and a young athlete. We stress good sportsmanship, hard work, and respect.

Goals: To see improvement in these specific areas: stickhandling, passing, skating (edge work, power skating, starts and stops), hockey awareness, positioning, goaltending skill development and intangibles to create team chemistry and team comradery, and to instill a work ethic and dedication to improving as a player and teammate.

Practices: Two practices per week:
Skill Development is paramount (skating, stickhandling, shooting, passing, face offs, defenseman positioning, forward positioning, systems, body checking). Using the ADM model as a guide, we will customize practices to meet the specific needs of our players. We will use stations, individual skating drills, power skating, group drills, small games to increase skill development and understanding of team play. Weekly summer dry land sessions will be scheduled for conditioning and speed training.

Games: Players will play a system that will be player friendly and developmentally appropriate for their age level and skill, including fore check, defensive zone, power play, and penalty kill. Playing time will be determined based on skill level, practice and game attendance, work ethic, and specific abilities.

Additional information will be shared at the Parent-Coaches meeting after tryouts

A Bit about the Head Coach:

Mike Militello
585-259-7238

michael.militello@rcsdk12.org

Player:	Brockport High School	1986-1989
	Rochester Jr. Monarchs	1990-1991
	SUNY Brockport	1992-1995
Coach:	11 Years – High School Hockey	1996-2007

(Churchville, Brockport, Greece)
2 Sectional Titles, 1 State title

5 Years – Perinton Blades 2013-2018

REGULAR SEASON CHAMPION- BLUE DIVISION 2018,2019